

Health and Wellbeing Workshops

Health Education Workshops	
Achieving your potential	<ul style="list-style-type: none"> • Define what success and failure are and what they mean to you. • Identifying helpful and unhelpful ways of thinking • Where does fear come from? • How we can recognise rational and irrational thinking patterns and habits at work • Making the most of feedback whilst applying for work and whilst in-work
Assertiveness	<ul style="list-style-type: none"> • Identify and look into different types of communication styles • Identify the effects of different communication styles and their impact in the workplace • Explore the skills required for communicating assertively • Identify how people can lack assertiveness, and the impact this has in the workplace • Practical techniques for developing an assertive approach • Practising assertiveness techniques in preparation for work
Confidence building	<p>Session 1</p> <ul style="list-style-type: none"> • What is confidence? • How do we lose, gain and rebuild confidence at work? • Developing communication skills and identifying their importance at work • How does confidence affect your physical and mental health, and the impact this can have at work? <p>Identifying and overcoming challenges in the workplace</p> <p>Session 2</p> <ul style="list-style-type: none"> • Self- esteem and the impact this has on the way we perform in interviews and at work • Identifying self-worth and identifying the positive impact this can have on your employment experience • Developing positive affirmations and recognising we are what consistently affirm
Dealing with negative comments	<ul style="list-style-type: none"> • Identify behaviours that others can display that we could find challenging or negative in the workplace • Identify techniques that we can implement to deal with negative or challenging behaviours • Techniques to support the development of a positive mental attitude in the workplace • Exploring how to deal with challenging situations at work



Exercise and wellbeing	<ul style="list-style-type: none"> • Gain an understanding of the benefits of exercise on both our physical and mental health • Improve your understanding towards the benefits of exercise and increasing physical activity. • Learn more about the types of physical activity and finding something which you enjoy and can benefit from • Explore current guidelines around exercise and identify how exercise can positively impact on your journey back into work
Managing your mood	<p>Session 1</p> <ul style="list-style-type: none"> • How do we define 'mood' • Strategies that help us manage and control our mood • Identify how sleep, diet and exercise influence positive routine and health • How to combat automatic negative thought processes in work • How to recognise and challenge negative thoughts to improve work satisfaction • Explore relaxation techniques as a coping strategy <p>Session 2</p> <ul style="list-style-type: none"> • Identifying factors that positively and negatively influence our mood • Mood improvement: identifying pathways to work, consider the benefits of volunteering and courses • How cognitive behavioural techniques can improve our mood • Develop a mood improvement plan using SMART targets
Motivational strategies	<p>Session 1</p> <ul style="list-style-type: none"> • Explore what is meant by motivation • Identifying signs that indicate low motivation for seeking or sustaining work • How SMART goal setting improves focus and motivation • Tips to keep motivated when seeking work • How to manage barriers to motivation <p>Session 2</p> <ul style="list-style-type: none"> • Explore how to get and stay motivated • Practising affirmations that develop motivation for job search, and employment • Maximising energy levels to improve motivation for work searching and sustaining employment • Exploring what drives our motivation and ways to strengthen these to achieve work goals and ambitions
Positive outlooks	<ul style="list-style-type: none"> • Identify what positive outlooks are • Understand that you have the choice to react positively to situations and people

	<ul style="list-style-type: none"> • Help you to achieve success in your job seeking and wider lives • Enable and encourage you to take specific actions towards achieving a more positive attitude • Identify how your outlook on life can directly impact on the way you feel, think and behave
Sleep and Routine	<ul style="list-style-type: none"> • How a lack of sleep affects us and recommended amounts of sleep • The stages of sleep and what causes sleep problems • The importance of routine whilst preparing to return to work and whilst in-work, what makes up our routine and what can disrupt our routine • Explore and develop ways to create a new routine and maintain it to enable a better night's sleep
Stress management and coping strategies	<ul style="list-style-type: none"> • Understand what stress is including the physical and psychological effects • To be more aware of our warning signs when we are under stress • Learn about the 'fight or flight' response • To be more aware of helpful and unhelpful techniques to cope with stress • Identify practical management stress management techniques including relaxation
Health Specific Workshops	
Anxiety management	<ul style="list-style-type: none"> • Introduction to what anxiety is and the causes of anxiety • Understand how anxiety affects us • Introduce fight or flight response • Present strategies to manage anxiety
Lifestyle and Wellbeing Workshops	
Exercise and physical activity	<ul style="list-style-type: none"> • Definitions of exercise and physical activity • To identify what are the benefits of exercise and increased physical activity • To explore the importance of weight management and how exercise positively impacts on our general health and mental wellbeing
Healthy eating	<ul style="list-style-type: none"> • What the benefits of eating a healthy balanced diet • To identify and understand different food groups and food labels • The importance of healthy eating routines, cost saving and the relationship between food and mood • How having positive healthy eating routines can assist ourselves with our preparation for work

Managing your lifestyle and wellbeing	<ul style="list-style-type: none"> • Define the elements that make up a healthy lifestyle • To identify thinking styles and how they influence mood • Identify helpful coping strategies to manage lifestyle and wellbeing • Identify common issues that can cause work, and domestic stress • Explore and identify how employment can have a positive impact on health and wellbeing • Develop a plan that identifies how you will manage and improve your wellbeing in preparation for work
Work Specific Workshops	
Disclosing your health condition	<ul style="list-style-type: none"> • To find out more about health disclosure • Understand the Equality Act and your rights • Discuss disclosure of your health condition – if necessary to disclose, when to disclose • Increase confidence in talking positively about your condition at interviews or in the workplace • To identify some specific examples
Managing interview nerves	<ul style="list-style-type: none"> • To increase understanding of how and why nerves can impact us in an interview situation • To increase awareness that nerves are a natural response to interview situations, which we are likely to perceive as stressful • Discussion and development of effective techniques to manage interview nerves • To discuss/review top tips for preparation
Managing work life balance	<ul style="list-style-type: none"> • Explore what work life balance means • Discuss what that can impact on this • Discuss the benefits of having a healthy work life balance and to identify ways to achieve this • To identify top tips and techniques for maintaining a healthy work life balance
Work, Health and Wellbeing (Introduction Session)	<ul style="list-style-type: none"> • Identify the relationship between work, health and wellbeing. • Explore wellbeing in more depth and how the right kind of work can be important in the management of your health. • Understand the benefits of work for our physical, mental, social and financial wellbeing
Weekly Workshops	

**Relaxation
group**

- Discover the benefits of regular relaxation techniques such as improved sleep, reduce stress or anxiety and reduce muscle tension
- Participate in practical relaxation techniques such as mindfulness, imagery, breathing techniques and progressive muscular relaxation
- Understand the importance of relaxation in preparation for work and as part of an effective in-work coping

